

DINNERLY



Country Chicken and Veggie Casserole

with Rice and Green Beans



35 minutes



2 Servings

The best thing about a casserole – besides its cosy, comforting flavours, of course – is that the stove does most of the work. Simply get the rice on the go, prep the veggies and fry the chicken, then let everything slowly simmer until tender. Too easy!

WHAT WE SEND

- 1 potato
- 1 carrot
- 150g green beans
- free-range chicken thigh fillets
- 10g country seasoning ¹⁷
- 150g jasmine rice

WHAT YOU NEED

- 2 garlic cloves
- 310ml (1¼ cups) boiling water
- 3 tsp olive oil
- 1 tbs plain flour ¹

TOOLS

- small saucepan with lid
- medium deep frypan with lid
- slotted spoon
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 595kcal, Fat 15.6g, Carbs 93.5g, Proteins 37.9g



1. Prep ingredients

Peel the **potato** and **carrot** and cut into 2cm chunks (see Make it faster). Trim the **beans** and halve lengthwise. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 2cm chunks. Put the **country seasoning** and **310ml (1¼ cups) boiling water** in a heatproof jug and stir to dissolve.



2. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



3. Brown chicken

Meanwhile, heat **3 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken**, stirring, for 2-3 mins until browned. Remove from the pan with a slotted spoon. Reduce the heat to medium. Add the **potato, carrot** and **garlic** to the pan, season with **salt and pepper** and cook, stirring, for 5 mins or until softened.



4. Simmer casserole

Add the **chicken** and **1 tbs plain flour** to the pan and cook, stirring, for 2 mins or until the flour turns golden. Add the **stock** and bring to the boil. Reduce the heat to medium and cook, covered, for 15 mins or until the potato is tender. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Meanwhile, bring a small saucepan of salted water to the boil for the beans (see Make it faster). Add the **beans** to the pan and cook for 1-2 mins until tender. Drain. Divide the **rice, casserole** and **beans** among bowls and enjoy!



6. Make it faster

To speed up the cooking time, cut the potato and carrot into 1cm chunks and you'll have a casserole in under 30 mins. ~ To save on washing up, add the beans to the casserole at the end of Step 4, then cover and simmer for a further 3 mins or until tender.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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